



Reed Gappmayer Barn

Because this barn at 680 West Canyon Road in Wallsburg is so old, we couldn't find anyone that knew who built it. The present owner is Bob Gappmayer. His father, Reed Gappmayer had relatives who offered him a good building spot, and so the barn was built here. It was a favorite playing spot for the chil-

dren in the family.

The barn is built of red pine logs, and was put together with square nails and pegs. It is very interesting to look inside these old barns and see the way they were made.

The barn was made to store hay and was a horse barn. There are sheep sheared there, lambs born, and

cows and horses and an occasional pig or two sheltered there

While preparing to take pictures of the barn, I saw what looked to be about 100 head of deer over on the hillside.

Information from Bob Gappmayer

In America, you are not required to offer food to the hungry. Or shelter to the homeless. In fact, one of the nicest things about living here in America is that you really don't have to do anything for anybody.



To the 80 million of you who choose. It features seven choices that are easy to remember - each starts with a different letter of the word "choices"...and each delivers

opportunity for a better, more comfortable and convenient vision correction with contact lenses.

People who suffer from astigmatism, which is characterized by an irregularly-shaped cornea that distorts vision, have often been told that they are not able to wear contact lenses and must rely on glasses to correct their vision. If they did choose contact lenses, there were a limited number of choices in the toric lens category. (Toric lenses are contact lenses designed specifically to correct astigmatism.) Now, in addition to RGP (rigid gas permeable) lenses, many more patients with astigmatism can wear conventional or frequent replacement soft toric lenses.

Frequent replacement soft toric lenses are available with replacement cycles ranging from two weeks to three months and offer the added

For more information on contact lenses, please contact the Contact Lens Council (CLC) at 1-800-884-4CLC or on the internet at: www.iglobal.com/CLC/. The CLC is a non-profit organization serving as an educational resource on vision correction for consumers and is devoted to promoting the safe use of contact lenses. The CLC is sponsored by Alcon Laboratories, Allergan Optical, Bausch & Lomb, Biocompatibles, CIBA Vision, Cooper Vision, Vistakon, a division of Johnson & Johnson Vision Products, Inc., Wesley Jessen, and the Contact Lens Manufacturers Association. The American Optometric Association, Contact Lens Association of Ophthalmologists, and the Contact Lens Society of America are advisory members of the CLC.

Park City Community Clinic

The Park City Community Clinic is a non-profit family

planning and coordination materials that will help get you started on your way to a healthier life. call your local American Cancer Society office or 1-800-234-0533.

percent stronger after a warmup than it is in a cold pre warmup state. Furthermore, warmup kicks into gear the activities of the Central Nervous System (CNS).

This coordinates the body systems of the individual and reduces the time of motor reactions through faster transmission of nerve impulses to the muscles, thus improving coordination. By raising body temperature, muscles, tendons, ligaments and other tissues are warmed

